

## **Parent's Commitment**

The Mechanicsville Recreation Association Swim Team is a volunteer based organization run by the residents of the Community and the parents of the swimmers. It is imperative that each parent volunteer to participate at home and away meets as requested or as needed in order for the swimmers to get the most out of this experience.

1. I understand the swimmer's (my child's) commitment and I will help my child abide by all the terms set forth above.
2. I am expected to volunteer my time in support of the team. This will involve helping at meets in some capacity and perhaps participating in appropriate training as needed in accordance with GRAL regulations. I understand that my household MUST sign up for at least 1 half of every meet my child plans to swim in. If I do NOT FULFILL my volunteer requirements, my child WILL NOT swim in that meet.

ALL FAMILIES MUST VOLUNTEER FOR AT LEAST ONE HALF OF EVERY MEET FOR THEIR CHILD TO SWIM

3. I understand that I may contact any member of the Swim Board, or the Parent Representative should I have a question, concern, or grievance concerning the swim team program.
4. I will address any concerns or issues with the coaches before or after practice-NOT During. If I have an issue during a meet I will contact the Parent Rep., NOT the coaches.
5. I will clean up my area at both home and away meets.
6. I will set a good example for my child and others with my good sportsmanship. 7. If my child is unable to attend a meet because of a prior commitment or illness, I will notify the coaches, as much in advance as possible, by the requested method. 8. I understand that as a member in good standing, all applicable dues and fees must be paid for full-time use of the club's swimming facilities, and comply with all rules and regulations of the member club. Should my child fail to fulfill his/her commitment, my child may not be allowed to participate until resolved.

## **Swimmer's Commitment**

1. I must be able to swim the length of the pool without assistance.
2. I will remain in the pool area during practice sessions.
3. I will conduct myself in a way that will not disturb others or violate established rules of conduct (as outlined by the coach, swimmer, & parents)
4. I understand that if I am suspended from the pool for any reason, I will not be able to swim with the team during the time of suspension.
5. I understand that should my behavior present a continuing problem, I may be asked to leave the team and will not be permitted to swim in the next meet. This will be decided by the coach and the Board, and fees will not be refunded.
6. I will listen carefully to my coach's instructions at all times, particularly when safety is concerned.
7. I will practice good sportsmanship by the following:
  - a. I will participate in every meet with a winning attitude

- b. When I finish my race, I will stay in the water until everyone is finished the race, and I will shake my opponent's hand win or lose.
- c. I will watch other events and cheer on my fellow teammates
- d. I will respect my pool and pools we visit by following the rules and listening.

### **List of Volunteer Positions:**

Pre-Meet Greeter/ Swimmer Sign in  
Announcer  
Head Computer Rep  
Computer Asst.  
False Start Rope Holder  
Head Table Worker  
Table Worker  
Bake Sale Workers  
Runner  
Heat Winner  
Raffle Salesperson  
Head Timer  
Referee (certified)  
Head Clerk of Course (certified)  
Clerks for course (certified)  
Starter (certified)  
Strokes & Turns Judges (certified)

**Above are all positions needed to run a swim meet. By selecting "I agree" you are stating you have read and understand that your household MUST sign up for at least 1 half of every meet your child plans to swim in. If you do NOT FULFILL your volunteer requirements, your child(ren) WILL NOT swim in that meet.**